

# Senior Citizen Fitness Classes

All class dates and times are subject to change, so if you find a change, please let us know at 278-7539. Revised: 2/2013

## Clovis Adult Education Center

1452 David E. Cook Way, Clovis

Phone: (559) 327-2800

Web Site: [www.clovisadultschool.com](http://www.clovisadultschool.com)

### Sr. Stretch and Tone

MWF 1/7-3/1 9:00-10:00 AM Instructor-Sherry Green

### Sr. Pilates, Intermediate

MWF 1/7-3/1 10:15-11:15 AM Instructor-Sherry Green

### Sr. Stretch and Tone

MWF 1/7-3/1 11:30-12:30 AM Instructor-Sherry Green

The Stretch and Tone classes are for moderate to high level participants with chairs used for safety. Intermediate Pilates can accommodate a low level participant with many activities done on the floor. Resistance bands and weights are used. Pilates and Yoga movements are used to enhance balance. Classes are taught in blocks with the blocks repeating throughout the year. The catalog is posted online and the classes for seniors can be found in the category of Older Adult Education, Health & Fitness Literacy. The classes are taught in quarters with the first one in 2013 listed above. Contact the Center for later dates. There is a modest fee. Not all participants are senior citizens.

## Fresno Adult School Community Education Program

Manchester Senior Center

Blackstone & Shields, upstairs, north of the Food Court

For information contact: Amy Emrany at (559) 248-5780

Web Site: [www.fas.edu](http://www.fas.edu)

### Stretch – All Levels

Tu 1/15-4/2; 4/11-6/13 7:30-8:30 AM Instructor-Mario Moreno

### Aerobics - Moderate

Th 1/17-4/4; 4/11-6/13 7:30-8:30 AM Instructor-Mario Moreno

### Daytime Tai Chi – All Levels

Tu/Th 1/15-4/2; 4/11-6/13 8:30-9:30 AM Instructor-Mario Moreno

### Physical Fitness – Beginner to Advanced

MWF 1/14-4/5; 4/8-6/14 8:00-9:00 AM Instructor- Mario Moreno

MWF 1/14-4/5; 4/8-6/14 9:15-10:15 AM Instructor- Mario Moreno

These classes accommodate a wide range of abilities. Resistance bands and weights are used while balance activities are practiced. Chairs are used when necessary for stability. The Senior Center also offers a large number of dance classes which range from low to high level participants. Classes are offered in blocks and can change with each catalog. The catalog is posted online. Classes can be found in the category of Community Education, Senior Discount Classes. There is a modest fee which is significantly discounted for seniors 55 and older. Individuals younger than 55 also enroll.



### **Gb3 – George Brown Sports Club – Herndon and Fowler**

1885 Herndon Ave., Clovis, CA 93611

Phone: (559) 323-4414

Web Site: [www.gb3clubs.com/clubs/clovis/](http://www.gb3clubs.com/clubs/clovis/)

#### Beginning Pilates

MWF Classes are Ongoing 7:00-8:00 AM Instructor – Patsy Helgren

#### Water Aerobics

MWF Classes are Ongoing 8:30-9:30 AM Instructor – Patsy Helgren

#### Yoga

Tu Classes are Ongoing 7:30-8:30 PM Instructor – Christine

Th Classes are Ongoing 7:30-8:30 PM Instructor – Anna

Sat Classes are Ongoing 10:30-11:30 AM Instructor – Sandi

These classes accommodate a wide range of abilities. The instructor of the beginning pilates and water aerobics classes is, herself, a senior citizen with 27 years of experience. There are also a large number of Zumba classes which are popular with senior citizens with a high level of fitness. Since classes are ongoing, participation can start at any time.

### **Silver Sneakers Classes**

Silver Sneakers is a Medicare reimbursable program wherein certain health insurance companies have contracted with a corporation that trains instructors and approves fitness facilities. The senior citizen should contact their insurance company to see if they are a participant. If they are, the senior will have a free membership to all clubs listed below and will have unlimited access to the facilities. The Silver Sneakers classes are all free. There are no out-of-pocket expenses for the senior citizen.

### **Blast Fitness - First and Herndon**

6735 N. First St., Fresno, CA 93710

Phone: (559) 432-1933

Web Site: [www.blastfitness.com](http://www.blastfitness.com)

#### Lean & Mean Seniors

M Classes are Ongoing 9:30-10:30 Instructor – Tamara Pittenger

#### Silver Sneakers

Tu/Th Classes are Ongoing 10:30-11:30 Instructor – Dawn Owen

The Silver Sneakers class is specifically geared to senior citizens and a wide variety of equipment is provided. Accommodations are made for all levels of fitness by instructors trained and certified by Silver Sneakers. Lean & Mean Seniors is a high level, challenging class. Since classes are ongoing, participation can start at any time.

**Blast Fitness – Blackstone (and Shaw)**

5137 N. Blackstone Ave., Fresno, CA 93710

Phone: (559) 226-8686

Web Site: www.blastfitness.com

Aqua Fitness\*

Tu/Th Classes are Ongoing 9:00-10:00 AM Tu/Th Instructor – Dawn Owen

This location will eventually have Silver Sneakers classes. The Aqua Fitness class is appropriate for older adults and accommodates all levels of ability. Since classes are ongoing, participation can start at any time. Silver Sneakers participants may take this class.

\*This class is currently taught at the Blast Fitness – Clovis location until repairs have been made to the pool.

**Blast Fitness - Clovis**

781 West Shaw Ave., Clovis, CA 93612

Phone: (559) 297-8488

Web Site: www.blastfitness.com

Cardio-Fit

MW Classes are Ongoing 7:30-8:00 AM M Instructor – Dawn Owen  
W Instructor – Tamara Pittenger

Aqua Fitness(M)-Aqua Boot Camp(W)

MW Classes are Ongoing 8:00-9:00 AM M Instructor – Dawn Owen  
W Instructor – Tamara Pittenger

Aqua Fitness\*

Tu/Th Classes are Ongoing 9:00-10:00 AM Tu/Th Instructor – Dawn Owen

The classes are specifically geared to senior citizens and a wide variety of equipment is provided. Accommodations are made for all levels of fitness by instructors trained and certified by Silver Sneakers. Aqua Boot Camp is a high level, challenging class. Since classes are ongoing, participation can start at any time.

\*This class will eventually be taught at the Blast Fitness – Blackstone location after repairs have been made to the pool.

**Blast Fitness – Shaw and Blythe**

4308 West Shaw Ave., Fresno, CA 93722

Phone: (559) 277-8383

Web Site: www.blastfitness.com

Silver Sneakers

Tu/Th Classes are Ongoing 10:00-11:00 Instructor – Tamara Pittenger

The Silver Sneakers class is specifically geared to senior citizens and a wide variety of equipment is provided. Accommodations are made for all levels of fitness by instructors trained and certified by Silver Sneakers. Since classes are ongoing, participation can start at any time.

## **Sunnyside Health & Tennis Club**

5707 E. Balch Ave., Fresno, CA 93727

Phone: (559) 251-0800

Web Site: [www.clubsunnyside.net](http://www.clubsunnyside.net)

### Silver Sneakers

Tu/Th                      Classes are Ongoing                      8:30-9:15AM                      Instructor – Greta Hennesay

This is a privately owned fitness facility. The manager, Mike Jizmejian, teaches small (usually 1-8 individual/s) group classes. The times are flexible and the instruction is very much one on one. Mike has over 35 years experience in working with older adults and accommodates all levels of fitness and disability. Greta also does one-on-one personal training and accommodates all levels of fitness. Silver Sneakers members have full use of the club and equipment.

### **Snap Fitness**

2141 Shaw Ave., Ste. 108, Clovis, CA 93611

Phone: (559) 299-3488

Web Site: [www.snapfitness.com](http://www.snapfitness.com)

This location has applied to be a Silver Sneakers site but currently does not have any classes. Seniors who belong to the Silver Sneakers program through their insurance companies can sign up for membership at the facility. Once signed up the membership is free and there are no out-of-pocket expenses. This entitles the senior to full use of the facilities.

### **Exercise Disclaimer**

All classes listed have been observed and approved as appropriate and safe for seniors; however, always consult a qualified medical professional before beginning any nutritional program or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read or heard from the SAFE-Central Valley Coalition, Group *FallProof*<sup>TM</sup> Class, or on [safecvc.org](http://safecvc.org). Any content or information provided by the SAFE-Central Valley Coalition, Group *FallProof*<sup>TM</sup> Class, or on [safecvc.org](http://safecvc.org), is for informational and educational purposes only and any use thereof is solely at your own risk. The SAFE-Central Valley Coalition, Group *FallProof*<sup>TM</sup> Class, or on [safecvc.org](http://safecvc.org) and California State University, Fresno bears no responsibility thereof. The information contained herein is not intended to be a substitute for medical advice, diagnosis or treatment in any manner. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. All information contained in SAFE-Central Valley Coalition document, Group *FallProof*<sup>TM</sup> Class document, or on [safecvc.org](http://safecvc.org) including but not limited to text, graphics, images, information, third party information and/or advice, food, recipes, exercises, diets, psychology, websites, links, including but not limited to any content by employees, consultants or writers and contributors, and or any other material contained herein are for informational and educational purposes only. By entering the SAFE- Central Valley Coalition website the reader and/or viewer does hereby acknowledge that it is your sole responsibility to review this Disclaimer and any other disclaimer or waiver. This site may be hyper-linked to other sites which are not maintained by, or related to, the SAFE- Central Valley Coalition. Hyper-links to such sites are provided as a service to users and are not sponsored by or affiliated with this site or the SAFE- Central Valley Coalition. The SAFE-Central Valley Coalition have not reviewed any or all of such sites and are not responsible for the content of those sites. The SAFE- Central Valley Coalition are not responsible for webcasting or any other form of transmission received from any hyper-linked site. Hyper-links are to be accessed at the user's own risk, and the SAFE- Central Valley Coalition make no representations or warranties about the content, completeness or accuracy of these hyper-links or the sites hyper-linked to this site. The SAFE- Central Valley Coalition provide hyper-links as a convenience, and the inclusion of any hyper-link to a third-party site does not necessarily imply endorsement by the SAFE- Central Valley Coalition of that site or any association with its operators.